



The Bloch Arena gym is usually populated throughout the day with individuals who are ready to hit the free weights, work out on the weight machines, run on the treadmills, ride the exercise bikes or use the wide array of equipment available there.



Lorraine Takamori, Tai Chi instructor at the Catlin-Halsey-Radford-Miller Community Center refers to the study of this martial art as “moving meditation.”

# Daily Exercise:

## More than just running and lifting weights

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The semi-annual Physical Readiness Test (PRT) consists of touching toes, and performing pushups, sit-ups and completing a mile and a half run within a specified amount of time. All of these activities are relative to gender and age group, and they’re certainly not the only ways to exercise and stay fit.

“Exercise can be categorized as being either for strength, flexibility or endurance,” said Lt. Cmdr. Robert Towle, Navy physical therapist at Pearl Harbor Naval Medical Clinic. “We try to cover that in our physical readiness program, but due to the limited time we cover only a few [of those areas] and short change other areas.”

Other areas involve exercises that aren’t limited to a gym, workout room or running track. Several forms of working out give a better, or more complete, dimension to physical exercise because they target the whole body instead of a certain area.

“Yoga is a tremendous exercise for endurance,” said Towle. “It’s also good for muscle tone and strength. You don’t really build up bulky muscles, but you do tone what you have.”

According to Towle, yoga also builds flexibility, enhances relaxation and helps individuals get in tune with their bodies. It also helps individuals learn what positions are comfortable for them and which positions can cause them stress or injuries.

“With yoga, you learn how breathing significantly affects strength and flexibility and how they all work together,” said Towle.

Flexibility and increased range of motion is also a goal of massage therapy. Terri Medeiros, a licensed massage therapist since 1990, has worked at Bloch Arena since 1992. She said massage helps keep muscles loose and increases blood circulation, which helps reduce the possibility of injuries during exercise.

She said anyone could benefit from regular massage therapy. For those who have never had a massage, Medeiros recommends starting with a half hour session and working up

to a full hour. However, she said she does have clients who go to an hour and a half and some even up to two hours at a time.

“For the average person, a massage twice a month would be good,” said Medeiros. “If they are going to work their bodies out regularly, then they should be able to reward themselves after their exercises.”

Another alternative to the standard routine is taking martial arts instruction. According to Towle, Tai Chi is a popular martial art form that promotes an increased awareness of the body and helps maintain strength and a wide range of motion in the joints.

“When you are in tune with your body, you know what your limitations are,” said Towle. “You know what to expect from yourself, when you’ve done too much or not enough. Getting to that level really depends on the person. It comes with experience. The more multi-dimensional [in terms of physical exercise] a person is, the more in tune with their body they can become.”

Towle does not suggest giving up on traditional forms of exercise. Rather, he encourages people to use alternative forms to help enhance their bodies and their workouts.

“I think if you want to be healthy, prevent injuries and you still like running [or other exercise], then consider doing strengthening exercises, stretching and other things like yoga, Tai Chi or massage,” said Towle. “All those things together can help strengthen the body and build muscles you never realized you had.”



A hospital corpsman from Naval Medical Clinic Pearl Harbor's Patient Admin Dept., demonstrates a prone press up, which is used to increase flexibility. In Yoga, this position is referred to as the “King Cobra.”



Individuals interested in alternative exercise activities like cardio-kickboxing can attend sessions at Navy community centers across the island.